

# COMMON EYE PROBLEMS

Eyes are said to be the windows to our soul. But our eyes are more than just that, they are our means to viewing the world. Without our eyes, we are blind to the beauty of creation and our ability to function is marred. Even with just impaired vision, the way we view our surroundings is affected. Unfortunately, there are numerous eye problems that we might encounter.

The Centers for Disease Control and Prevention (CDC) website states that more than 3.3 million Americans aged 40 and above are either legally blind or suffers from low vision. According to them the most common eye problems are:

- **Refractive Errors** – includes myopia (near-sightedness), hyperopia (farsightedness), astigmatism (distorted vision) and presbyopia (loss of ability to focus up close). They are said to be the most common eye problems in the U.S.
- **Age-Related Macular Degeneration** – usually comes with aging, it is an eye disorder that affects the macula which is the central part of the retina. As a result, it damages sharp and central vision which is needed for seeing clearly.
- **Cataract** – considered as the leading cause of blindness worldwide. It clouds the eye's lens and may occur at any age. Treatment and removal of cataract is possible.
- **Diabetic Retinopathy** - considered as the leading cause of blindness in American adults. It is a complication of diabetes where there is progressive damage to the blood vessels of the retina. The risks of suffering from DR or Diabetic Retinopathy may be reduced through proper disease management such as controlling blood sugar, blood pressure and lipid abnormalities. Early diagnosis and timely treatment is important.
- **Glaucoma** – normally occurs with the slow rising of the normal fluid pressure inside the eyes. It can damage the optic nerve and might result in loss of vision.
- **Amblyopia** – considered as the most common cause of impaired vision in children. Also called as “lazy eye,” the vision in one of the eyes is reduced due to the eye and brain not working properly together.
- **Strabismus** – caused by a lack of coordination between the eyes because of an imbalance in the positioning. It may result in crossing or turning out of the eyes.

With all the common eye problems today, it is important that we take good care of our eyes. To maintain good eyesight, proper nutrition with lots of fruits and vegetables is needed. Protect your eyes by wearing goggles during appropriate times, UV protected sun glasses, avoiding prolonged wearing of contact lenses, minimal use of eye drops, reading in well-lit areas, and resting them in a timely manner.

If you are one of the millions of people who suffer from eye problems, check out the Janet Goodrich Method for natural vision improvement. There may be useful tips to [Improve Sight](#) and [Improve Vision](#).

<http://www.janetgoodrichmethod.com/>